



THE ASSISTANT SECRETARY OF THE NAVY
(MANPOWER AND RESERVE AFFAIRS)
1000 NAVY PENTAGON
WASHINGTON, D.C. 20350-1000

AUG 23 2021

MEMORANDUM FOR MILITARY, CIVILIAN EMPLOYEES, FAMILIES, VETERANS

After nearly 20 years of war, the loss of teammates, compounded by the stress and uncertainty of a deadly global pandemic, and the approach of the 20th anniversary of September 11, 2001, many around us are struggling. Now is the time to look out for each other.

If you are a service member or veteran and are struggling, or if you know of a military member (or their family) who is struggling, please know that help is available.

- The Military Crisis Line provides helpline, text-messaging service, and online chat support for all service members, including members of the National Guard and Reserve, and all Veterans (even if they are not registered with VA or enrolled in VA health care). www.veteranscrisisline.net 1-800-273-8255 (press 1), Text 838255
- Military OneSource provides 100% free and confidential support for DoD service members and military families. www.militaryonesource.mil 1-800-342-9647 / OCONUS / TTY: 800-342-9647
- Veteran Centers are community-based counseling centers, offering a wide range of social and psychological services, including professional counseling to eligible Veterans, active duty service members, National Guard and Reserve components, and their families, 1-877-WAR-VETS (1-877-927-8387)

Help also is available to our Navy and Marine Corps civilians through the Department of the Navy (DON) Civilian Employee Assistance Program (CEAP). DONCEAP offers free 24/7 personalized and confidential help for DON civilians and their family members. Call 1-844-DONCEAP (1-844-366-2327) / TTY: 1-888-262-7848/ International: 1-866-829-0270 or visit www.magellanascend.com.

Taking care of our people is paramount. Please continue to reach out to each other, check in with family members, and connect with any of the above resources for support and assistance, any time, day or night.

Thank you for your service.

Robert D. Hogue
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